



# HOW TO SPOT

## *& Treat Hip Pain*

Your hips are among the most active joints in your body. A ball-and-socket joint, your hips help you move your legs during everyday activities such as walking and going up and down stairs. Although your hip joint is very stable, it's not uncommon to experience occasional hip pain.

### **COMMON CAUSES & SYMPTOMS OF HIP PAIN**

You may experience hip pain if you have arthritis, experienced a hip injury such as a dislocation, sprain or fracture, or if you have a pinched nerve. With hip pain, you may notice a reduced range of motion when you do things like turn or bend. Depending on what's causing your hip pain, you might feel discomfort in your:

- » Thigh
- » Inside of the hip joint
- » Groin
- » Outside of the hip joint
- » Buttocks

### **SELF-CARE STRATEGIES**

Most hip pain can be treated with over-the-counter pain medications like aspirin or ibuprofen. If you have arthritis, your doctor may prescribe a stronger anti-inflammatory medication. You can also try icing your hip for 10-15 minutes to help relieve pain and any swelling. Avoid high-impact activities like running or basketball until you feel better.

### **SHOULD I SEE A DOCTOR?**

If you ever have trouble walking or if it's been a few weeks and you're still experiencing pain, call your doctor. Additionally, if you experience any of the symptoms below, call your doctor, as they may indicate a more serious problem:

- » Pain that causes you to alter your stride or causes you to limp



- » A feeling that your legs are different lengths
- » You have a difficult time going through regular motions, like crossing your legs or twisting when you put on your seatbelt
- » Your hip feels extremely stiff

### BE PREPARED FOR YOUR VISIT

If you visit your doc due to hip pain, he/she will likely ask you some questions about your medical history and perform a physical exam. Your doctor will also want to know about any other health conditions you may have, such as osteoporosis, and what medications, supplements, or herbal treatments you are currently taking.

One of the best things you can do to help achieve a speedy and accurate diagnosis is to be prepared and ready to discuss your pain.

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### BE PREPARED TO DISCUSS:

- » If the pain started as the result of an injury or accident
- » How often you feel the hip pain (is it constant or just during specific times of the day?)
- » Where the pain occurs—does it radiate through your hips, lower back, legs, etc.?
- » Whether pain is made worse by activity
- » If the pain limits your ability to do any type of activity
- » What, if anything, has helped to relieve the pain
- » A description of the pain (for example: dull ache, sharp stabbing pain, burning sensation, or quick snapping sensation)
- » Your doctor may also ask you to rate your pain on a scale (i.e., from one to 10). Accurate and detailed answers to these questions can help your doctor diagnose the true cause of your pain and recommend the best plan for treatment.

